

Fitness for fun and relaxation

55 plus?

Want to find a fun way to keep active, fit exercise into your weekly routine, boost your mental health and meet new people?

Come along to one of our free, no-pressure taster sessions to try out some new sports:

Badminton, pickle ball, table tennis, short tennis

Fusion Golden Lane Leisure Centre

Thurs 21st Nov, Thurs 28th Nov, Thurs 5th Dec

3.00 – 5.00pm



Booking: Alice.Westlake@ageukcityoflondon.org.uk